

Broccoli/Cashew Stir-fry

Tonight's stir-fry is loaded with nutrients! Broccoli is available pretty much year round and you can cash in on cashews in either bulk foods or the nut aisle. (I've actually met some very interesting people in the "nut aisle.") Enjoy!

Preparation time: 45 minutes - Servings: 2 (plus leftovers)

Organize Your Ingredients!

Notes on Organizing

Making a stir-fry is always more enjoyable when you prep and organize all ingredients before you start cooking.

Brown Rice

1 C. rice
2-1/4 C. water
1/2 C. nonfat milk
1/2 tsp. coconut extract

Plant-based Choice or Chicken Option

Plant-based Choice:

4-5 Chickenless Tenders
- or -

Chicken Option:

1 tsp. olive oil
1 boneless, skinless chicken breast
1/2 C. white wine

Broccoli/Cashew Stir-fry

3 C. broccoli (cut into 1" pieces)
1 tsp. canola oil
1 C. white or cremini mushrooms (sliced)
2 cloves garlic (smashed and chopped)
1 tsp. sesame oil
2/3 C. yellow onion (chopped)
2/3 C. red bell pepper (seeded and cubed)
1/2 C. white wine
1 C. low-sodium vegetable broth
2 tsp. low-sodium soy sauce
1/2 tsp. Chinese pepper sauce
2 T. rice wine vinegar
1/2 tsp. fresh grated ginger

1 T. cornstarch
mixed with
1/3 C. water

1 can sliced, peeled water chestnuts
(drained)
1 C. fresh pineapple (chopped)
3/4 C. roasted, unsalted cashews
juice from 1/2 of a lime

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Stir-fries flow pretty intuitively. Just follow the order below and you're done in no time.

Place all ingredients for rice in a medium saucepan and bring to a boil. Reduce heat to medium-low, cover the pan and cook for 25 minutes. Set a timer.

Plant-based Choice or Optional Chicken

Plant-based Choice:

Preheat oven or toaster oven to 375°. Place tenders on a lightly oiled pan and cook 8 minutes per side. Allow to cool and slice before adding to stir fry.

- or -

Chicken Option:

Measure olive oil into a small nonstick fry pan. Brown chicken breast over medium- high heat. Add white wine, reduce heat to low, cover and cook 5-minutes per side. Remove from burner and let cool. Slice before adding to the stir-fry.

Broccoli/Cashew Stir-fry

1. Steam broccoli over 3/4 C. boiling water for 4-min. Remove from heat. Shock with cool water.
2. Measure canola oil into large, heavy-bottom sauté pan or wok, add and toss sliced mushrooms over medium-high heat until they brown. Add 1/2 of the garlic and toss with mushrooms until garlic becomes fragrant. Remove from pan and set aside.
3. Add sesame oil and remaining garlic, onion and peppers to the pan. Toss over high heat until onions begin to brown on the edges. Remove from pan. Set aside with mushrooms.
4. Measure wine, broth, soy sauce, pepper sauce, vinegar and freshly grated ginger into the same pan or wok and bring to a boil. Thicken with cornstarch/water mixture. Reduce heat to low and cook 5-minutes, (stir occasionally).
5. Reserve 2/3 C. of broccoli for later in the week. Store in fridge. Add remaining broccoli, onions/peppers mixture, water chestnuts, chopped pineapple and meat choice to the stir-fry sauce. Bring to a boil. Toss about 30 seconds to coat all items. Remove from heat.
6. Fold in cashews and drizzle stir-fry with juice from 1/2 of a lime.

Plate the meal

Press 2/3 C. rice into a soup ladle to mold and place a dome in the center of each plate. Spoon 2 C. stir-fry over and around the mound of rice.

What I've Learned from this Recipe

Always wait to add nuts to dishes like stir-fries until just before you serve them. They'll remain firm and crisp if they don't sit in the sauce too long.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com